

HOWELL COUNTY
HEALTH DEPARTMENT

FEBRUARY CALENDAR

WIC: 3, 4, 6, 7, 10, 11, 13,
14, 18, 19, 20, 21, 24, 25, 27,
28

Willow Springs WIC: 5

Mountain View WIC: 26

Family Planning: 4, 18, 19

Immunizations: 6, 11, 25

Food Handlers: 10, 24

Holiday's (closed): 12th-
Lincoln's Birthday & 17th-
President's Day

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Clinic Hours:

Monday-Friday 8-12 & 1-5,
closed for lunch 12-1

Administration Hours

Monday-Friday 8-5

Monthly Monitor

VOLUME 210

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Celebrate American Heart Month Together from www.nhlbi.nih.gov

Celebrate American Heart Month Together: Join the #OurHearts Movement

February is American Heart Month!

Did you know that people who have close relationships at home, work, or in their community tend to be healthier and live longer? One reason, according to the National Heart, Lung, and Blood Institute (NHLBI), is that we're more successful at meeting our health goals when we join forces with others. NHLBI launched the #OurHearts movement to inspire us to protect and strengthen our hearts with the support of others. Here are some facts, how-to tips, and resources to inspire you to join with others to improve your heart health.

Heart disease is the leading



cause of death for both men and women in the United States. About 90 percent of middle-aged people and more than 74 percent of young adults have one or more risk factors for heart disease, such as diabetes, high blood pressure, high blood cholesterol, or being a smoker or overweight. Having multiple risk factors increases your risk for heart disease.

Why Connecting is Good for Your Heart:

Feeling connected with others and having positive, close relationships benefit our overall health, including our blood pressure and weight. Having people in

our lives who motivate and care for us helps, as do feelings of closeness and companionship.

Follow these heart healthy lifestyle tips with your friends, family, coworkers, and others in your community and you'll all be heart healthier for it:

- * Be more physically active.
- * Maintain a healthy weight.
- * Eat a nutritious diet.
- * Quit smoking.
- * Reduce your stress.
- * Get enough quality sleep.
- * Track your heart health stats.

You don't have to make big changes all at once. Small steps will get you where you want to go.

Visit **#OurHearts** for inspiration on what others around the country are doing together for their heart health. Then join the #OurHearts movement and let NHLBI know what you're doing with friends, family, or others to have a healthy heart.

ALL HEART Program

Through a grant from the Community Foundation of the Ozarks, Howell County Health Department has launched the All Heart

program. This first 50 people to sign up will receive free cholesterol, glucose and blood pressure tests. A registered nurse will go

over your results with you and you will also receive a free wellness packet full of health promotion items. Call today to schedule at 417-256-7078.



Be careful when preparing and eating home canned foods!

Kids need 60 minutes of activity a day!

Love Your Heart this February!



Home Canned Food Month by Justin Frazier, EPHS

February is national canned food month and home canning products continues to be a popular way of storing foods grown in many gardens. But home canning foods also brings with it certain risks, such as foodborne botulism. You cannot see, smell, or taste botulinum toxin – but taking even a small taste of food containing this toxin can be deadly. Home-canned vegetables are the most common cause of botulism outbreaks in the United States. From 1996 to 2014, there were 210 outbreaks of foodborne

botulism reported to CDC. Of the 145 outbreaks that were caused by home-prepared foods, 43 outbreaks, or 30%, were from home-canned vegetables. These outbreaks often occurred because home canners did not follow canning instructions, did not use pressure canners, ignored signs of food spoilage, or didn't know they could get botulism from improperly preserving vegetables.

The best way to prevent foodborne botulism is by carefully following instructions for safe home canning in the USDA Complete Guide to Home Can-

ning. Use a pressure canner for low-acid foods and follow all specified home-canning processing times for safe home canning of all foods. Do not use an electric, multi-cooker appliance, even if it has a “canning” or “steam canning” button on the front panel. Pay special attention to the processing times for low-acid foods (pH >4.6), which include all vegetables, some tomatoes, figs, all meats, fish, and seafood. Discard all swollen, gassy, or spoiled canned foods safely. After you open any canned or pickled foods, store them in the refrigerator.

Winter Activity by April Bridges, WIC Nutritionist

Children need at least 60 minutes of activity a day to help grow strong bones and muscles. It helps maintain a healthy weight and boost critical thinking and even test scores. Sixty minutes can also be accumulated in smaller chunks, but try to get at least 10 minutes at each time. Win-

ter time can be challenging to get activity outdoors. When playing outside is not an option, interactive videos that require activity may help to get the kids moving. Take advantage of community classes, like swimming or dance lessons. Also encourage children to participate in outdoor chores like raking leaves, or

shoveling snow. Make it fun with upbeat music and be sure to join them and get it done as a family. Being an active role model is important to show children how to enjoy being active. They will be more likely to model you behavior when you take care of your own body and health.

Give Your Heart a Little Love this Month by Cheri Carda, RN

February is a month for hearts. We fill the month with candy hearts, valentine hearts, and all things of love and hearts. February is also the month for heart health awareness. During this month, we want to be aware of things that make our hearts healthy. The American Heart Association recommends that all adults and

children get physical activity to strengthen their hearts and sit less. How much? Every little bit helps. So if you are a couch potato rising up to the challenge, moving more and sitting less will start you on the right path. Little bits of activity can increase your endurance for more intense activity when ready. The CDC recommends that we

eat at least 5-9 servings of fruits and vegetables each day to give our hearts the vitamins, minerals, and protective benefits they need. These measures can help reduce the risk of heart disease and heart attacks. So give your hearts a little love this month, and it will keep you moving to the beat.



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Public Health: Prevent. Promote. Protect.

The mission of the Howell County Health Department is to improve, promote and protect the health of Howell County through awareness, assessment, planning and assurance in order that our community may achieve their fullest health potential.



Public Health
Prevent. Promote. Protect.

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